

OCTOBER 2006 TRIPS

Tickets on Sale:

Members September 8, Non-Members September 15

Sunrise Diner's Club - "The Roasted Pepper Restaurant"

Enjoy great dining experiences without the hassle of driving. This new bi-monthly club will visit restaurants around the South Florida area. All participants will be responsible for their own dining experience, requests and payments.

Date: Thursday, October 5

Time: 4:15 p.m. - 8:00 p.m.

Cost: Members \$ 5 / Guests \$7 (Transportation fee)

Stagedoor Theater "The Kid from Brooklyn" & Flaming Pit Restaurant

Don't miss this great show about the life & theatrical career of the famous Danny Kaye. Afterwards enjoy a delicious dinner at the Flaming Pit where you will enjoy a salad bar, hot bar, dessert bar and choose from a selection of entrees.

Date: Wednesday, October 11

Time: 1:00 p.m. - 8:00 p.m.

Cost: Members \$46 / Guests \$48

Day at the Hard Rock Casino

Enjoy an exciting day of great restaurants, shopping, music, gambling & lots of entertainment. Receive \$10.00 free play & \$5.00 food voucher.

Date: Tuesday, October 17

Time: 9:45 a.m. - 4:30 p.m.

Cost: Members \$5 / Guests \$7

Calder Race Track

Hear the sound of the horses hoofs beat down the stretch as you cheer it on to win.

Date: Friday, October 27

Time: 10:45 a.m. - 5:00 p.m.

Cost: Members \$3 / Guests \$5

NOVEMBER 2006 TRIPS

Tickets on Sale:

Members October 6, Non-Members October 13

Tamarac Theatre "A Grand Night for Singing"

Don't miss this Tony award nominated musical review. Enjoy popular hits from "Oklahoma", "South Pacific", "Sound of Music" & many more.

Date: Friday, November 3

Time: 7:00 p.m. - 10:30 p.m.

Cost: Members \$17 / Guests \$19

Stagedoor Theater "Five Guys Named Moe" & the New Mermaid Restaurant

Start the evening off with a delicious dinner at the New Mermaid. Then catch "Five Guys Named Moe". This show is so good you won't want to leave.

Date: Thursday, November 9

Time: 5:00 p.m. - 11:00 p.m.

Cost: Members \$46/ Guests \$48

Calder Race Track

Enjoy a beautiful day outdoors & cheer on your favorite horse to win, place or show.

Date: Friday, November 17

Time: 10:45 a.m. - 5:00 p.m.

Cost: Members \$3 / Guests \$5

Bayside Island Lady Cruise & Mambo Cafe

You'll get an amazing "boat's eye view" of the lavish homes of the stars during the celebrity home spotting cruise. Afterwards, indulge in a great lunch at the Mambo Cafe, and then stroll through the lovely Bayside for great shopping.

Date: Tuesday, November 28

Time: 9:15 a.m. - 5:00 p.m.

Cost: Members \$35 / Guests \$37

OCTOBER 2006

SUNRISE SENIOR CENTER

10650 West Oakland Park Boulevard • (954) 746-3670 • [www.sunrisefl.gov](http://www.sunrisefl.gov)

Activities

Special Events, Seminars & Classes

Relaxation & Meditation

Wednesdays, October 11 & October 25

We are proud to present "Raja Yoga Meditation" exercise of the mind. No physical exercise involved. Learn to find peace within, use guided imagery, positive thinking, elevated thoughts & much more. Time: 1:00 p.m - 2:00 p.m.

Krafty Korner

Thursday, October 12 - Table Glassware

Bring beauty to your tabletop with handpainted blossoms, bows or holiday designs. Registration going on now. Time: 9:30 a.m. Cost: Members \$5 / Non-Members \$7

Blood Pressure Checks

Friday, October 13

Having your blood pressure checked regularly leads to having a better lifestyle. The second Friday of the month the Sunrise Fire-Rescue Department will check your pressure free. Time: 10:30 a.m. - 11:30 a.m.

55 Alive Defensive Driving Course

Wednesday & Thursday October 18 & 19

This two-day course is from 9:00 a.m. - 1:00 p.m. Bring a \$10 check payable to A.A.R.P. to the class. Members sign up Tuesday, October 3, non-members October 10.

Green Thumbs

Wednesday, October 25 - Orchid Class Basics

Join us to learn how to care for the different varieties of orchids. Bring in your plants for repotting, division, and identification. Class begins at 10:30 a.m. Members \$1/Non-Members \$3. Registration begins Tuesday, October 2.

Book Review

Friday, October 27 - "Capitol Murder"

by William Bernhardt

A powerful U.S. Senator has been caught in a sordid sex scandal and a case of murder. What will happen next? Join us to find out. Programs begin at 12:00 noon. Enjoy light refreshments.

Harvest Social

Monday, October 30

Let's celebrate the return of the beautiful fall weather & Halloween with entertainment, singing, dancing and a delicious treat. Social begins at 1:30 p.m. Tickets are \$1.00 for members only, available Tuesday, October 3

Beading Class

Mondays, 10/2 - 10/30 (Victorian Netted Lace Necklace)

Materials required: 2 tubes of seed beads same color size 11, 1 tube seed beads complimentary color size 11, 74 crystal bicones or Czech Fire polished beads, 1 "S" hook, 2 clam shells, 2 closed jump rings, 1 spool sono beading thread, 2 big eye needles, beading mat, scissors, clear nail polish and makeup sponge. Class starts at 1:00 p.m. Register now.

Beginners Computers Classes

Tuesdays, 10/10 - 11/14

Learn Microsoft Word, e-mailing and internet access in this FREE 6-week course. Offered to Sunrise residents 62 and older who are Senior Center members only. Times: 1:00-3:00 p.m. OR 6:30-8:30 p.m. Space is limited. Registration begins Monday, October 2.

Intermediate Computers

Wednesdays, 10/11 - 11/15

Learn Create-a-Card, spreadsheets, internet, Excel and more in this FREE 6-week class. Offered to Sunrise residents 62 and older who are Senior Center members only. Time: 1:00 - 3:00 p.m. Space is limited. Registration begins: Monday, October 2.

Intermediate Painting

Wednesdays, 10/25 - 11/29

Learn advanced techniques in this 6-week class. Bring your own supplies. Time: 1:30 - 3:30 p.m. Space is limited. Registration begins Monday, October 2. Members \$10 / Non-members \$12

Beginners Painting

Fridays, 10/27 - 12/8 (No class 11/24)

Learn the basic techniques of many painting medias in this 6-week class. Bring your own supplies. Time: 1:30 - 3:30 p.m. Space is limited. Registration begins: Monday, October 2. Members \$10 / Non-members \$12



Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRIP & TICKET POLICIES	
9:00 a.m. - 10:30 a.m. <b>Sunrise Woodcarvers</b> <i>Arts &amp; Crafts Room</i>	9:00 a.m. - 10:00 a.m. <b>Tai Chi</b> <i>Burgundy Room B</i>	9:00 a.m. - 12:00 p.m. <b>Senior Bowling League</b> <i>Strikers Lanes</i>	9:30 a.m. - 11:00 a.m. <b>Bereavement Support Group</b> <i>Classroom</i>	9:30 a.m. - 10:30 a.m. <b>Stretchersize &amp; Hand Weight Training</b> <i>Burgundy Room A</i>	<ul style="list-style-type: none"><li>• When purchasing tickets, please indicate the full name of your guest.</li><li>• When you are called about a food choice for a trip, you must return the call within 2-3 days, otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</li><li>• Trips departing before 3:30 p.m. leave from the Civic Center east parking lot.</li><li>• If you purchase a ticket and later sell or give it to someone you must contact a Senior Center staff member to make a name change on our master roster.</li><li>• A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader. The Group Leader checks all participants in and assists in providing you with the best possible experience.</li><li>• Please occupy the same bus seat on the way to and from an event.</li><li>• Members MUST be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card.</li><li>• You may purchase one additional ticket (at the higher guest price) for each member ticket purchased. Two tickets maximum per person.</li><li>• No tickets will be sold before the published sale date. Sales commence at 9:00 a.m.</li><li>• Current I.D. cards must be presented for any transaction.</li><li>• Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.</li><li>• No membership renewals or new members will be accepted on the morning of ticket sales.</li><li>• Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City.</li><li>• If a minimum number of people is not reached program maybe cancelled.</li></ul>	
10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club</i>	9:30 a.m. - 11:00 a.m. <b>Open Computer Lab</b> <i>Classroom</i>	12:00 p.m. - 3:00 p.m. <b>Bridge (Open Play)</b> <i>Burgundy Room A</i>	10:00 a.m. - 11:30 a.m. <b>Senior Fitness</b> <i>Civic Center Athletic Club</i>	1:00 p.m. - 2:30 p.m. <b>Choral Group</b> <i>Burgundy Room A</i>		
1:00 p.m. - 3:00 p.m. <b>Open Craft Class</b> <i>Arts &amp; Crafts Room</i>	9:30 a.m. - 12:00 p.m. <b>Mah Jongg Class</b> <i>Burgundy Room B</i>	1:00 p.m. - 2:00 p.m. <b>Relaxation &amp; Meditation</b> <i>Burgundy Room B (2nd &amp; 4th Wed.'s Only)</i>	10:00 a.m. - 12:00 p.m. <b>Line Dancing</b> <i>Burgundy Room A</i>	1:00 p.m. - 2:30 p.m. <b>Beginners Painting</b> <i>Arts &amp; Crafts Room</i>		
1:00 p.m. - 3:00 p.m. <b>Beading Class</b> <i>Burgundy Room B</i>	10:00 a.m. - 11:00 a.m. <b>Senior Aerobics</b> <i>Burgundy Room A</i>	1:00 p.m. - 3:00 p.m. <b>Intermediate Computers</b> <i>Classroom</i>		1:00 p.m. - 2:30 p.m. <b>Bingo</b> <i>Burgundy Room B</i>		
<b>Monday Classic Movies</b>	12:30 p.m. - 3:30 p.m. <b>Mah Jongg &amp; Gametime (Open Play)</b> <i>Burgundy Room B</i>	1:00 p.m. - 2:00 p.m. <b>Intermediate Painting</b> <i>Arts &amp; Crafts Room</i>	<b>FEATURES OF THE MONTH</b>			
<div>Enjoy classic movies at 12:30 p.m. in Burgundy Room A</div> <div>October 2 Angie Geena Davis, Stephen Rea</div> <div>October 9 A Perfect Murder Michael Douglas, Gwyneth Paltrow</div> <div>October 16 Wolf Jack Nicholson, Michelle Pfeiffer</div> <div>October 23 The Quick and the Dead Sharon Stone, Gene Hackman</div> <div>October 30 No Movie</div>	1:00 p.m. - 3:00 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>	3:00 p.m. - 4:30 p.m. <b>Singles Club</b> <i>Burgundy Room B</i>	<div><b>Program Showcase</b> Friday, October 20, 10:00 a.m. - 1:00 p.m. The Senior Center is pleased to kickoff the season with a spectacular and informative "Program Showcase." Learn about popular returning programs and exciting new programs. Visit with instructors and facilitators for the Book Club, Senior Fitness, Bridge Classes, Ceramics &amp; Mosaic Craft, Card Games, Computer Classes, Arts &amp; Crafts, Sewing Creations, Painting, Healthier Community Lecture Series and more. Enjoy snacks and enter to win a raffle. The program is free but tickets are limited. Tickets available now.</div> <div><b>Shanghai at Night</b> Tuesday, November 28, 6:30 - 9:30 p.m. Take a trip to the exotic world of China without leaving Sunrise. The Senior Center is bringing the Shanghai Moon right to you. Start the evening off with delicious Chinese cuisine. Then don't miss the authentic entertainment. Hear the drum, gong, &amp; cymbal players as lions perform their traditional dance, followed by an amazing Kung Fu demonstration. Afterwards, dance the night away under the Shanghai moon. Members \$15 / Guests \$17. Tickets available for members October 6, non-members October 13.</div>			
	<b>SPECIAL EVENING HOURS</b> 6:00 p.m. - 9:00 p.m. <i>Open Game Room</i>				<div><b>New Release Tuesday Movies</b></div> <div>Enjoy "New Release" movies at 12:30 p.m. in Burgundy Room A</div> <div>October 3 Sentinel Michael Douglas, Kiefer Sutherland 2 Hrs (Rated R)</div> <div>October 10 Just My Luck Lindsay Lohan, Chris Pine 2 Hrs (PG-13)</div> <div>October 17 Two for the Money Al Pacino, Matthew McConaughey 2 Hrs, 30 Min (Rated R)</div> <div>October 24 Fun with Dick &amp; Jane Jim Carrey, Tea Leoni 1 Hr, 30 Min (PG-13)</div> <div>October 31 RV Robin Williams 2 Hrs, 40 Min (PG)</div>	
	6:00 p.m. - 9:00 p.m. <b>Woodcarving</b> <i>Arts &amp; Crafts Room</i>					
	6:30 p.m. - 8:30 p.m. <b>Beginners Computer Class</b> <i>Classroom</i>					
	7:00 p.m. - 9:00 p.m. <b>Twilight Dance</b> <i>Burgundy Room A&amp;B</i>					
<div></div>			<div><b>OPEN COMPUTER LAB!</b></div> <div>The computer lab will re-open Tuesday, October 10. Practice your skills, send e-mail and do Internet searches. An instructor is available for assistance. The lab is open from 9:30 a.m. - 11:00 a.m. Offered to Sunrise residents 62 and older who are Senior Center members only.</div>			

# SUNRISE SENIOR CENTER

10650 West Oakland Park Boulevard • (954)746-3670 • [www.sunrisefl.gov](http://www.sunrisefl.gov)

## HEALTH & WELLNESS PROGRAMS

### "How to prepare for the Flu Season" - Friday, November 3

Dr. Carlos Levy, M.D. will present this lecture as part of the "Healthier Community Lecture Series," presented by the Sunrise Senior Center and the North Broward Hospital District Weston Regional Health Park. This lecture is FREE but reservations are required. Call the Senior Center or stop by the front desk to register. Come at 11:00 a.m., bring a bag lunch to have at noon and we'll provide your dessert. Round out the afternoon with friendly and free games of bingo at 1:00 p.m. Sign up now!

### Mammovan - Tuesday, October 24

Make your appointment today for the mobile mammography unit. The exam fee is \$58.00 and they will accept insurance coverage for payment (no HMO's please). Call our Social Worker at (954) 746-3682 to make your appointment.

### Arthritis & Fibromyalgia Self Help Support Group - Monday, October 9

Effective communication is vital in dealing with everyday aspects of Arthritis & Fibromyalgia. Join us in this open forum setting to discuss the obstacles & ways to deal with these issues. Time: 1:00 p.m. - 2:00 p.m.

### Wellness Screening - Thursdays, October 12 or November 9

If you are 60 years or older, come participate in a free & confidential screening. Broward County Elderly & Veteran's Services counselor will be here to assist you if you sometimes have problems with depression, or lack of interest in your usual activities & friends. Don't be afraid to call. Confidential. Sign up with Sunrise Social Worker Joan Drapala at the Senior Center. Available by appointment only.



## ATTENTION: FLU SHOT UPDATE

### Flu Shot Sign-Up Friday, October 13

The City of Sunrise will make flu shots available on Monday, October 23, at the Sunrise Senior Center, located at 10650 West Oakland Park Boulevard.

These shots will be available only to Sunrise residents age 60 or older. Proof of residency and age are required. Sunrise residents between the ages of 18 and 59 may qualify for a flu shot if they have special needs and are instructed by their physician to be vaccinated. There is no cost to residents who receive the shots.

Flu shots will be given by appointment only, and reservations will be taken in person at the Sunrise Senior Center beginning Friday, October 13. Telephone requests cannot be accommodated. Vaccinations are limited, and appointments will be assigned only on a first come, first served basis.

## SUNRISE CIVIC CENTER GALLERY

The Blues  
Featuring 2+3: The Artists' Organization  
Exhibition Dates: October 18 - December 2, 2006  
Opening Reception:  
Saturday, October 21, 6:30pm

The 2+3 Artists' Organization is comprised of professional artists who maximize exchange, foster experimentation and dialogue, and stimulate new ideas, free of judgment, hierarchy and competition. 2+3 is an active organization, where shared ideas have flourished in response to society's fundamental need for artists, and in artists' needs for a community like 2+3.

*The Blues* offers the opportunity for a variety of interpretations based on each artists' creative energy, vision and life experiences. For more information on the 2+3 artists, you may access their website at [www.2plus3.org](http://www.2plus3.org).

10610 West Oakland Park Blvd.  
Open Tuesdays, Wednesdays, Fridays, and Saturdays  
10:00 am - 2:00 pm • Free Admission

## COMING TO THE CIVIC CENTER THEATRE

*Tickets are available at the Sunrise Civic Center Box Office, 10610 West Oakland Park Blvd. (954) 747-4646.*

### NEW WORLD CONNECTION - A Danceland Event

*Friday, October 6, 2006 at 8:00pm*

*Tickets: \$15 Adult, \$13 Student,  
\$8 Child, Reserved Seating*

We are proud to bring back the talented New World Connection for another flashy and exciting musical revue. With classics like The Lady is a Tramp and Satin Doll to favorites like New York New York and YMCA, this young, high-stepping dance ensemble will entertain you with an energetic, fun-filled show called Young at Heart. Get your tickets early, as this will sell out for sure!

### MAMELE - Jewish Film Series

*Wednesday, October 18, 2006 at 1:00pm*

*Tickets: \$5 - general admission*

This musical comedy from The National Center for Jewish Film stars the irrepressible Molly Picon as Khavtshi. As a young woman in Poland, she is so busy taking care of her sisters and widowed father that she has no time for herself - until she discovers the violinist across the courtyard! 1938; Poland; 90 minutes; black and white; in Yiddish with new English subtitles.

### FRANZINI FAMILY CIRCUS -

**Children's Showtime Series**

*Saturday, October 28, 2006 at 2:00pm*

*Tickets: \$8 Adult, \$7 Child, General Admission*

Step right up to the world's smallest circus that is big on entertainment! The show presents amazing feats of juggling, crowd-pleasing comedy, spellbinding magic and clever unicycling, and last but not least, Rosie, the Celebrated Canine. Bring your grandchild in a Halloween costume and stay after the show to go trick-or-treating through the Civic Center! Recommended for K-5th grade but fun for the whole family!

### FROM HARPSICHORD TO GRAND - A Classics Event

*Friday, November 3, 2006 at 8:00pm*

*\$14 adult, \$12 student - reserved seating*

Pianist Andrea Anderson takes her audience on a musical journey from the Baroque sounds of Byrd, Scarlatti and Mozart, to the impressionistic pieces of Rachmaninoff, Ravel, Chopin and Liszt. Ms. Anderson's performance features a range of classic instruments, including the clavichord, harpsichord, fortepiano and the modern day grand piano.

## SPRINGTREE GOLF CLUB UPDATE

Springtree Golf Club is owned and operated by the City of Sunrise for the benefit of the golfing public. Residents of Sunrise can enjoy a country club atmosphere at affordable prices.

The 67 acre complex is a par 61 Executive Golf Course that consists of eleven par 3's, seven par 4's, with water or out-of-bounds on seventeen holes. The complex also

embraces a Club House includes a Grille Room with seating for up to 140 people and outdoor patio dining as well. Golfers and the general public are invited to stop by anytime during normal business hours for breakfast, served all day, and lunch. Other amenities include locker rooms and a Golf Pro Shop

Springtree is proud to sanction the Men's and Ladies Golf Associations.

Springtree strives to maintain a "Hometown" flavor and atmosphere, while maintaining a professional level of service. Periodic special events are held regularly, which offer activities that are designed for all ages that are both challenging and fun. Play at the City of Sunrise's par 61 executive golf course conveniently located in the heart of West Broward.

### GOLF MEMBERSHIP

Annual Membership benefits include significantly reduced daily play rates for members. Annual memberships are available for residents and Sunrise business owners at a reduced fee. Memberships are also available to non-residents and juniors. Memberships for Sunrise residents starts at just \$175 per year. Memberships for non-residents start at just \$350 per year. Your membership year begins on the day you join. Membership entitles you to reduced daily fees. Call today to join the Club, or find out more information.

Springtree Golf Club • 8150 Springtree Drive • 954.572.2270 • [www.sunrisefl.gov](http://www.sunrisefl.gov)